

SITNO ŽENSKO ~~HO~~ RO

Description: A women's dance from Stara Zagora, Thrace.

Rhythm: 2/4

Starting Position: Short lines, belt hold.

BULG

Measure Pattern 1 "Move to the Right"

- 1 Facing slightly & moving R, skip fwd on R ft (ct 1) Skip fwd on L ft (ct 2).
- 2 Three small steps moving fwd (cts 1,+,2).
- 3 - 4 Continuing R, same as meas 1-2 only with opp ftwk.
- 5 - 8 Rpt meas 1-4.

Pattern 2 "Heel-Toe"

- 1 Turning to face slightly L, hop on L ft at the same time touching R heel slightly fwd (ct 1) Hop on L ft, touching R toe slightly bk (ct 2)
- 2 Hop on L ft again, touching R heel slightly fwd (ct 1) A quick hop on L ft, cross & step on R ft behind L ft (reel step) (ct 2).
- 3 Two "reel steps" bkwd (L,R).
- 4 - 6 Facing slightly R, rpt pattern of meas 1-3 only with opp ftwk & direction.
- 7 - 8 Facing ctr, two "threes" fwd (R-L-R, L-R-L)

Pattern 3 "Sevens L & R"

- 1 - 2 Seven little steps moving sdwd L, R ft crossing in front of L ft (R,L,R,L,R,L,R).
- 3 - 4 Rpt meas 1-2 only opp ftwk & direction.
- 5 - 8 Rpt meas 1-4.

Pattern 4

- 1 - 2 Facing ctr, two "threes" fwd (R-L-R, L-R-L).
- 3 Hop on L ft, flicking R ft low in front of R leg (ct 1) Reel step R crossing behind L ft (ct 2).
- 4 Reel step L crossing behind R ft (ct 1) Chug bkwd both feet together (ct 2).
- 5 - 8 Rpt pattern of meas 1-4.